Virtual Gut Health for Wellness
April 20 @ 1 p.m.
Lauri Nandyal, MD

With 3/4s of our immune system housed in and around our digestive tract, a healthy gut is crucial for wellness.
Course participants will:
• Learn how digestion and gut health influence the immune system
• Explore intestinal ecology, the gut microbiome
• Clarify how food informs gut wellness
• Expand our understanding of the Gut-brain connection

Join Via WebEx

https://bit.ly/UCguthealth_online

Meeting number: 613 567 316
Password: UCguthealth